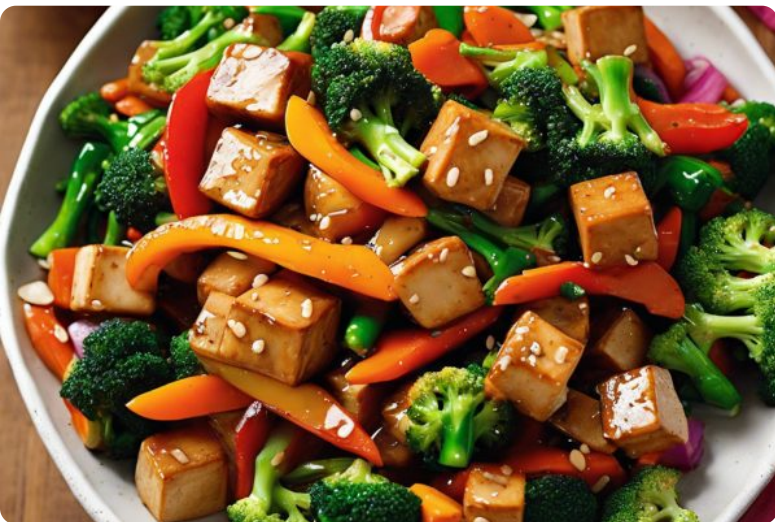


Budget-Friendly Veggie Stir-Fry

Enjoy a delicious and affordable vegetable stir-fry that's easy on the wallet!


20 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1/2 cup mixed vegetables (carrots, bell peppers, broccoli, etc.)
- 1/4 cup tofu, diced
- 2 tbsp soy sauce
- 1 tbsp vegetable oil
- 1/2 tsp garlic powder
- Salt and pepper to taste
- Cooked rice for serving

Steps

- 1 Heat vegetable oil in a pan over medium heat.
- 2 Add tofu and stir-fry until lightly browned.
- 3 Add mixed vegetables and cook until tender.
- 4 Season with soy sauce, garlic powder, salt, and pepper.
- 5 Serve over cooked rice.